

GET SCREENED

Colorectal health

Colorectal cancer can be preventable. All it takes is one day and one screening to safeguard yourself from the second deadliest cancer.



	Screening Colonoscopy	Sanford Polymedco FIT (Fecal Immunochemical Test)	Cologuard FIT DNA
WHAT IS IT?	 A lighted scope with a camera is used to look at the colon and rectum	 Stool is checked for blood by taking a sample and mailing it in	 Stool is checked for cancer by taking a sample and mailing it in
CAN IT PREVENT CANCER?	 Yes, the test removes polyps that could develop into cancer	 No	 No
WHERE IS IT DONE?	 At the hospital	 Collect a sample at home and return the test kit to lab or mail it in (often pre-paid postage included)	 Collect the sample at home and mail the test kit back (address label and postage stamp often included)
HOW OFTEN IS SCREENING NEEDED?	 Every 10 years if results come back normal	 Every year if results come back normal	 Every three years if results come back normal
WHAT IF MY TEST RESULTS ARE NOT NORMAL?	 May include a biopsy or polyp removal if needed	 You will need a colonoscopy	 You will need a colonoscopy
HOW DO I PREPARE?	 Carefully follow instructions to prepare for test	 No special steps are needed	 No special steps are needed
WHAT IS THE COST?	 Covered by insurance in most cases*	 Covered by insurance in most cases*	 Covered by insurance in most cases*

* Please contact your insurance company to understand your coverage.

Visit sanfordhealth.org/colorectal-screenings to learn more.